

#### MONITORING A DISCUS THROWER FROM BEGINNER TO ELITE LEVEL

#### **EVOLUTION OF THE ANNUAL TESTING CHART**



## **HOW TO UNDERSTAND AND USE THESE CHARTS**

- -Last column on the left is the level of performance with the competition implement
- -8 next left side columns are event specific performances with diverse implements weights and modes of throwing
- -5 columns in the middle are speed and power evaluations
- -Last column on the right is a specific power test for abdominals
- -5 columns on the right are maximal strength performances

### **Code of colours means :**

Yellow: Best performance recorded before the training year

Green: Improvements achieved during the year Blue: Objective line. Estimated performances objective for the end of the training year

### WHAT TO LOOK FOR:

- -Establishing an I D picture or profile of the thrower
- -See significant variations (Strengths Weaknesses)
- -Variations with different implement (Light heavy)
- -Compare tests concerning similar factors or body parts
- -Establish a development strategy of what is needed to develop a  $1^{st}$ ,  $2^{nd}$ ,  $3^{rd}$  priority.
- -See if the progresses in conditioning are confirmed by progresses in throwing results
- -In ONE look you know what has been done during the year
- -Monitoring over several years

#### **WARNING**

- 1-Don't become a TEST MANIAC
- 2-The result in ONE test is just an indication which needs to be CONFIRMED
- 3-Don't do hazardous predictions!
- 4-Absolute "accuracy" to the cm , kg or 1/10<sup>th</sup>sec is NOT requested . A test is an INDICATION , not a RECORD !



Name: PARKINSON Surname: Alexander Year: 2011

 $\underline{\text{Age}}: 17y \text{ (1994-09-08)} \quad \text{PBs}: 38m \text{ (1,5kg)}$ 

Club: North Harbour Bays Cougars Coach: Didier POPPE

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Disus	Discus 2k Sta	Discus 1,75kg	Discus	Discus	Discus	Disus 1,25kg	Discus	Weight	30m	Vertic	Triple Jum St	6 bonds	Shot 7k/OH	Clean	Snatch	Squat	Bench	Dead Lift	10 abdo
2kg	ZK Sta	1,/3Kg	1,75 sta	1,5kg	1,5 Sta	1,23Kg	2,25kg	4kg Sta	Stan st	dif jum 41cm	Jun St	Stand	/k/On		50kg		press	LIII	7-10kg
30m	25m	32,5m	27m	35m	30m	40m	27m	22m	4"60	4fcm	7,40m	14,00m	12,40m	80kg	60kg	100kg	70kg	120kg	10 emp
32,5m	27,5m	35m	29,5m	38m	32,5m	42,5ms	29,5m	23,25m	4"55	49cm	7,60m	14,40m	12,80m	85kg	65kg	111kg	75kg	130kg	Bag 7k 15"
35m	30m	37,48m	32m	39,30m 40m	34,5m	45m	32m	24,5m	4"50	52cm	7 ,80m	14,80m	13,40m	88kg	68kg	120kg	80kg	140kg	13"
37,5m	32m	38,58m 40,50m	34m	42,m	37,5m	47,5m	34,5m	25,20m 25,75m	4"45	55cm	8,05m	14,90m 15,20m	14,10m	90kg 92kg	72kg	129kg	85kg 87kg	150kg	11"
. 1021	33,00m	41,77	-	45m	39m	48,75m			4''40	58cm	8,10m	15,60m	14,50m	11.00	76kg		90kg 95kg	2.525.02	10,56° 10°
40m	34m	42,5m	36,75m	100000000000000000000000000000000000000	manus	50m	37m	27m	115-115	59cm	8,20m		14,60m	96kg	11.00	130kg 137kg		160kg	9707
42,5m	36m	45m	38,5m	47,5m 48,60m	41,2m	52,5m	39,5m	28,25m	4"35	61cm	8,40m	16,00m	15,20m	100kg	80kg	139kg	102kg	170kg	9"
45m	38m	47,5m	40,5m	50m	43,5m	55m	42m	29,5m	4''29	64cm 66cm	8,52m	16,45m	15,80m	105kg	84kg	148kg	110kg	180kg	8"
47,5m	40m	50m	43m	52,5m	46m	57,5m	44,5m	30,75m	4"25	67cm	8,80m	16,80m	16,40m	110kg	88kg	157kg	118kg	190kg	7"
50m	42m	52,5m	45m	55m	48m	60m	47m	32m	4"'20	70cm	9,00m	17,20m	17,00m	115kg	92kg	166kg	126kg	200kg	6"
52m	44m	55m	47,5m	57,5m	50,5m	62,5m	49m	33,5m	4"16 4"15	73cm	9,20m	17,60m	17,60m	121kg	96kg	175kg	134kg	210kg	10kg 10"
54m	46m	57,5m	49,5m	60m	52,5m	65m	51m	35m	4"10	76cm	9,40m	18,00m	18,20m	127kg	102kg	184kg	142kg	220kg	9"
56m	47,5m	60m	52m	62,5m	55m	67,5m	53m	36,5m	4"05	79cm	9,60m	18,40m		133kg	108kg	192kg	150kg	230kg	8"1
Lineal Co.	1/4	62,5m	54m	65m	11/2/11/2	70m	55m	38m	4"00	82cm	9,80m	18,80m		139kg	114kg			240kg	7"4
58m	49m	02,3111	34111	OJIII	57m	/0111	33111	36111	4 00	82CIII	9,80111	10,80111	19,40III	139Kg	114Kg	200kg	158kg	240Kg	/ 4
60m	50,5m	65m	56m	67,5m	69m	72,5m	57m	39,5m	3''95				20,00m					250kg	6"8

Source: Didier POPPE in "Trajectoire Jan 2001" Code colours: Yellow: perf before 2011/07/26 Green: Perf after 2011/07/26 Blue: Objectives 2011-12

Long jump St 2,72m 19-09-2011 Disc 1,75kg RF 38,50m 10-10-2011

MONITORING A
DISCUS THROWER
FROM BEGINNER
TO ELITE LEVEL

of the ANNUAL TESTING CHART 2011



Name: PARKINSON Surname: Alexander

**Year**: **2012 Age**: **18y** (1994-09-08)

PBs: 38,05m (2kg) 46,42m (1,75kg) 48,86m (1,5kg)

**Club: North Harbour Bays Cougars** 

Coach: Didier POPPE

Discus Weight Triple 6 bonds Discus Discus Discus Disus 30m Vertic Shot Clean Snatch Squat Bench Dead 10 abdo 2k Sta 1,75kg 1.5 Sta 1,25kg 2.25kg 4kg Sta dif jum Jum St Stand 7k/OH Lift 7-10kg 2kg 1,5kg Stan st press 41cm 40m 25m 32,5m 27m 35m 30m 27m 4"'60 7,40m 14,00m 12,40m 10 emp 30m 22m 46cm 80kg 60kg 100kg 70kg 120kg Bag 7k 29.5m 38m 23,25m 32,5m 32,5m 42,5ms 29.5m 4"55 7,60m 14,40m 12,80m 85kg 65kg 111kg 75kg 49cm 130kg 15" 30m 34.5m 24.5m 4"50 7,80m 14,80m 13,40m 88kg 68kg 80kg 140kg 35m 40m 45m 32m 52cm 120kg 13" 25,20m 32m 37.5m 25,75m 4"45 8,05m 15,20m 14,10m 92kg 72kg 129kg 87kg 150kg 11" 40,50m 34m 42,m 47,5m 34,5m 55cm 33,00m 48.75m 10.56" 34m 42,5m 36,75m 4"40 8.20m 15,60m 14,60m 96kg 76kg 130kg 40m 45m 39m 50m 37m 27m 58cm 95kg 160kg 10" 44,13m 137kg 41.93m 41.2m 52,5m 4"35 8,40m 16,00m 9" 42.5m 38.5m47.5m39.5m 28,25m 61cm 15,20m 100kg 80kg 139kg 36m 102kg 39.15m 46,42m 48,60m 47,5m 4"29 38m40.5m 50m 43,5m 55m 29,5m 8.52m 16.45m 15,80m 105kg 84kg 148kg 110kg 180kg 8" 45m 42m 64cm 16.15m 39.20 m66cm 16,40m 47.5m 40m 50m 43m 52,5m 46m 57.5m 44.5m 30.75m4"25 67cm 8.80m 16.80m 110kg 88kg 157kg 118kg 190kg 17,03m52,5m 55m 9.00m 50m 42m 45m 48m 60m 47m 32m 4"20 70cm 17,20m 17,00m 115kg 92kg 166kg 126kg 200kg 10kg 4"16 47,5m 57,5m 62,5m 33,5m 9,20m 17,60m 17,60m 121kg 96kg 175kg 134kg 52m 44m 55m 50.5m 49m 73cm 210kg 10" 57,5m 49,5m 60m 52,5m 65m 9,40m 18,00m 18,20m 127kg 102kg 184kg 142kg 220kg 54m 46m 51m 35m 76cm 47.5m 60m 52m 62,5m 55m 67.5m 4"'05 79cm 9,60m 18,40m 18,80m 133kg 108kg 192kg 150kg 230kg 8"1 56m 53m 36.5m 4"'00 49m 62,5m 54m 55m 38m 9,80m 18,80m 19,40m 139kg 114kg 200kg 158kg 240kg 7"4 58m 65m 57m 70m 82cm 72,5m 39,5m 3''95 85cm | 10,00m | 19,20m | 20,00m | 155kg | 120kg | 210kg 166kg 67.5m 57m 69m

Source: Didier POPPE in "Trajectoire Jan 2001" Code colours: Yellow: perf before 2012/01/01 Green: Perf after 2012/01/01 Blue: Objectives 2012

Long jump St 2,72m 19-09-2011 2,82m 17-01-2012 Disc 1,75kg RF 38,50m 10-10-2011 7kg isometry 46" 2012-05-12 Push up claps 50 2012-05-14 Abdos claps 17 2012-05-14

MONITORING A
DISCUS THROWER
FROM BEGINNER
TO ELITE LEVEL

of the ANNUAL TESTING CHART 2012







Name: PARKINSON Surname: Alexander

**Year: 2013 Age: 19y** (1994-09-08)

**PBs**:  $\frac{42,35m}{(2kg)}$   $\frac{47,85m}{(1,75kg)}$ 

Club: North Harbour Bays Cougars Coach: Didier POPPE

		-				22					<u> </u>			2 10 2					
Disus	Discus		Discus	AND DESCRIPTION OF THE PERSON NAMED IN	Discus	Disus	Discus	Weight	30m	Vertic	Triple	6 bonds	Shot	Clean	Snatch	Squat	Bench	Dead	10 abdo
2kg	2k Sta	1,75kg	1,75 sta	1,5kg	1,5 Sta	1,25kg	2,25kg	4kg Sta	Stan st	dif jum	Jum St	Stand	7k/OH			J	press	Lift	7-10kg
				-		Talling Service				41cm			200-2003				300000000000		
30m	2511	32,5m	27m	35m	30m	40m	27m	22m	4''60	46cm	7,40m	14,00m	12,40m	80kg	60kg	100kg	70kg	120kg	10 emp
				THE STATE OF THE S		(-Intilification			(116) (81)	4010000000			Alban Kalendari da	19000000		(Spirite Spirite)	2010/2010	Manager Comment	Bag 7k
32,5m	27,5m	35m	29,5m	38m	32,5m	42,5ms	29,5m	23,25m	4"55	49cm	7,60m	14,40m	12,80m	85kg	65kg	111kg	75kg	130kg	15"
		120110000000		12101111111	Davis Carabia	7-9-1			and the second										10000000
35m	30m	37,48m	32m	40m	34,5m	45m	32m	24,5m	4"50	52cm	7,80m	14,80m	13,40m	88kg	68kg	120kg	80kg	140kg	13"
		38,58m		(-1017)			100000	25,20m	2011/19						70kg				PANEL TO THE PAREL
37,5m	32m	40,50m	34m	42,m	37,5m	47,5m	34,5m	25,75m	4"45	55cm	8,05m	15,20m	14,10m	92kg	72kg	129kg	87kg	150kg	11"
38,05m	1 - 11 - 11	42.10m	14107611	43,35m		48,75m			Line 1 de la cal	100000000000000000000000000000000000000								J	10,56"
40m	34m	42,5m	36,75m	45m	39m	50m	37m	27,50m	4"40	58cm	8,20m	15,60m	14,60m	96kg	75kg	130kg	95kg	160kg	10"
41,93m		44,13m	,	100000			Malagara		Last W	59cm	,		,						
42,35m	36m	45m	38,5m	47,5m	41,2m	52,5m	39,5m	28,25m	4"35	61cm	8,40m	16,00m	15,20m	100kg	80kg	139kg	102kg	170kg	9"
	1-1001	46,42m	39,15m	48,60m			,		100000		-,	, , , , , , , , , , , , , , , , , , , ,	15,50m					172kg	
45m	38m	47,85m	40,5m	50m	43m	55m	42m	29,5m	4"29	64cm	8,52m	16,45m	15,80m	105kg	84kg	148kg	110kg	180kg	8"
46,54m	39,20m		41,50m	51m				30,10m	III (III )	66cm	-,		16,15m						
47,5m	40m	50m	43m	52,5m	46m	57,5m	44,5m	30,75m	4"25	67cm	8,80m	16,80m	16,40m	110kg	88kg	157kg	118kg	190kg	7"
	41,30m		43,50m									17.03m		112kg	90kg				
50m	42m	52,87m	45m	55,5m	48m	60m	47m	32m	4''20	70cm	9.00m	17,20m	17,00m	115kg	92kg	166kg	125kg	200kg	6"
-						-	-	1200000	4"16					120kg		2	132kg	202x3	10kg
52m	44m	55m	47,00m	57,5m	50,5m	62,5m	49m	33,5m	4"15	73cm	9,20m	17,60m	17,60m	121kg	96kg	175kg	134kg	210kg	10"
	Mark III	12441	120000000000000000000000000000000000000	100,000,000	Markett -	1.01.011.02	physical day		III C VAN	W. Lakert					111.531.531				L= 27 72
54m	46m	57,5m	49,5m	60m	52,5m	65m	51m	35m	4"10	76cm	9,40m	18,00m	18,20m	127kg	102kg	184kg	142kg	220kg	9"
1 - 3 - 3 - 3 - 1	MELSON IN					14/26/700	i la livra di la	= 12/20		Mary and	10.001			130kg			145kg		
56m	47,5m	60m	52m	62,5m	55m	67,5m	53m	36,5m	4"05	79cm	9,60m	18,40m	18,80m	133kg	108kg	192kg	150kg	230kg	8"1
127-2						L	. To p200		No. of the last of	74.44									1
58m	49m	62,5m	54m	65m	57m	70m	55m	38m	4"'00	82cm	9,80m	18,80m	19,40m	139kg	114kg	200kg	158kg	240kg	7"4
			720			Tiles	- 11100	1 41		- 11111				0				0	
60m	50,5m	65m	56m	67,5m	69m	72,5m	57m	39,5m	3''95	85cm	10,00m	19,20m	20,00m	155kg	120kg	210kg	166kg	250kg	6"8
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Source: Didier POPPE in "Trajectoire Jan 2001" Code colours: Yellow: perf before 2013/01/01 Green: Perf after 2013/01/01 Blue: Objectives 2013

Long jump St 2,82m 17-01-2012 Disc 1,75kg RF 38,50m 10-10-2011 7kg isometry 46" 2012-05-12 Push up claps 50 2012-05-14 Abdos claps 17 2012-05-14 Dsc 2kg RFP 43,50m 09-08-13

MONITORING A
DISCUS THROWER
FROM BEGINNER
TO ELITE LEVEL

OF THE ANNUAL TESTING CHART 2013





**Year: 2014** Name: **Surname:** 

As a visitor to this web site you have had a free complimentary access to a part of this document. The full document is reserved Discus Discus 1,75kg 1,75 sta only for members. To become a "life" 27m 32,5m member and have full unlimited access to 27,5m 35m 29,5m 32.5m 30m 37,48m 32m 35m 38,58m 37.5m 32m 40,50m 34m all the documents in this blog, follow 38,05m 42.10m 36,75m 45m 34m 42,5m 40m instructions on the welcome page....and 41,93m 44,13m 38,5m 42.35m 36m 45m 47,5m 46,42m 47,85m 40,5m 50m 45m 38m 39,20m 46,54m 52,5m 47,68m 40m 50m 43m 48,57m 41,30m 55,5m 50m 42.5m52,87m 45m 55m 57,5m 44m 52m 47,00m

57,5m 49,5m 60m 55m 62.5m 47.5m 60m 52m 56m enioy! 62,5m 82cm 158kg 49m 54m 65m 9.80m 18,80m 19,40m 139kg 114kg 240kg 58m 57m 39,5m 3''95 166kg 50,5m 65m 56m 67,5m 69m 10,00m | 19,20m | 20,00m | 155kg 120kg 210kg 85cm Source : Didier POPPE in ''Trajectoire Jan 2001'' Code colours : Yellow : perf before 2014/01/01 Green : Perf after 2014/01/01 Blue : Objectives 2014

54m

46m

Long jump St 2,82m 17-01-2012 Disc 1,75kg RF 38,50m 10-10-2011 7kg isometry 46" 2012-05-12 Push up claps 50 2012-05-14 Abdos claps 17 2012-05-14 Dsc 2kg RFP 43,50m 09-08 - 13

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